



National Nutrient Database for Standard Reference
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Full Report (All Nutrients) 09078, Cranberries, raw

Report Date: June 30, 2017 00:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:2% Refuse Description: Stems and spoiled berries

Nutrient	Unit	1			1 cup, chopped 110g	1 cup, whole 100g
		Value Per100	Data points	Std. Error		
Proximates						
Water ^{1 2}	g	87.32	5	0.183	96.05	87.32
Energy	kcal	46	--	--	51	46
Energy	kJ	191	--	--	210	191
Protein ^{1 2}	g	0.46	5	0.069	0.51	0.46
Total lipid (fat) ¹	g	0.13	4	0.032	0.14	0.13
Ash ^{1 2}	g	0.12	5	0.023	0.13	0.12
Carbohydrate, by difference	g	11.97	--	--	13.17	11.97
Fiber, total dietary ^{1 2}	g	3.6	5	1.010	4.0	3.6
Sugars, total ^{1 2}	g	4.27	5	0.232	4.70	4.27
Sucrose ^{1 2}	g	0.16	5	0.037	0.18	0.16
Glucose (dextrose) ^{1 2}	g	3.44	5	0.160	3.78	3.44
Fructose ^{1 2}	g	0.67	5	0.035	0.74	0.67
Lactose ^{1 2}	g	0.00	5	0.000	0.00	0.00
Maltose ^{1 2}	g	0.00	5	0.000	0.00	0.00
Galactose ^{1 2}	g	0.00	5	0.000	0.00	0.00
Starch ¹	g	0.00	4	0.000	0.00	0.00
Minerals						
Calcium, Ca ^{1 2}	mg	8	5	0.196	9	8
Iron, Fe ^{1 2}	mg	0.23	5	0.014	0.25	0.23
Magnesium, Mg ^{1 2}	mg	6	5	0.063	7	6

Nutrient	Unit	1			1 cup, chopped 110g	1 cup, whole 100g
		Value Per 100 g	Data points	Std. Error		
Phosphorus, P 1 2	mg	11	5	1.435	12	11
Potassium, K 1 2	mg	80	5	5.162	88	80
Sodium, Na 1 2	mg	2	5	0.086	2	2
Zinc, Zn 1 2	mg	0.09	5	0.010	0.10	0.09
Copper, Cu 1 2	mg	0.056	5	0.005	0.062	0.056
Manganese, Mn 1 2	mg	0.267	5	0.094	0.294	0.267
Selenium, Se 1	µg	0.1	2	--	0.1	0.1
Vitamins						
Vitamin C, total ascorbic acid 1 2	mg	14.0	5	0.650	15.4	14.0
Thiamin 1	mg	0.012	4	0.001	0.013	0.012
Riboflavin 1	mg	0.020	4	0.004	0.022	0.020
Niacin 1	mg	0.101	4	0.003	0.111	0.101
Pantothenic acid 1	mg	0.295	4	0.030	0.324	0.295
Vitamin B-6 1	mg	0.057	4	0.013	0.063	0.057
Folate, total 1	µg	1	4	0.000	1	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	1	4	0.000	1	1
Folate, DFE	µg	1	--	--	1	1
Choline, total 1	mg	5.5	--	--	6.0	5.5
Betaine 1	mg	0.2	1	--	0.2	0.2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	3	--	--	3	3
Retinol	µg	0	--	--	0	0
Carotene, beta 1 2	µg	38	5	1.850	42	38
Carotene, alpha 1	µg	0	4	0.000	0	0
Cryptoxanthin, beta 1	µg	0	4	0.000	0	0
Vitamin A, IU	IU	63	--	--	69	63
Lycopene 1	µg	0	4	0.000	0	0
Lutein + zeaxanthin 1	µg	91	4	9.478	100	91
Vitamin E (alpha-tocopherol) 1 2	mg	1.32	5	0.120	1.45	1.32
Vitamin E, added	mg	0.00	--	--	0.00	0.00

Nutrient	Unit	1			Std. Error	1 cup, chopped 110g	1 cup, whole 100g
		Value Per 100	Data points	g			
Tocopherol, beta ¹	mg	0.00	4	0.000		0.00	0.00
Tocopherol, gamma ¹	mg	0.04	4	0.003		0.04	0.04
Tocopherol, delta ¹	mg	0.00	4	0.000		0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--		0.0	0.0
Vitamin D	IU	0	--	--		0	0
Vitamin K (phylloquinone) ^{1 2}	µg	5.0	5	0.093		5.5	5.0
Lipids							
Fatty acids, total saturated	g	0.008	--	--		0.009	0.008
4:0	g	0.000	--	--		0.000	0.000
6:0	g	0.000	--	--		0.000	0.000
8:0	g	0.000	--	--		0.000	0.000
10:0	g	0.000	--	--		0.000	0.000
12:0	g	0.000	--	--		0.000	0.000
14:0	g	0.000	--	--		0.000	0.000
16:0	g	0.006	--	--		0.007	0.006
18:0	g	0.002	--	--		0.002	0.002
Fatty acids, total monounsaturated	g	0.018	--	--		0.020	0.018
16:1 undifferentiated	g	0.001	--	--		0.001	0.001
18:1 undifferentiated	g	0.018	--	--		0.020	0.018
20:1	g	0.000	--	--		0.000	0.000
22:1 undifferentiated	g	0.000	--	--		0.000	0.000
Fatty acids, total polyunsaturated	g	0.055	--	--		0.060	0.055
18:2 undifferentiated	g	0.033	--	--		0.036	0.033
18:3 undifferentiated	g	0.022	--	--		0.024	0.022
18:4	g	0.000	--	--		0.000	0.000
20:4 undifferentiated	g	0.000	--	--		0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--		0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--		0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--		0.000	0.000
Fatty acids, total trans	g	0.000	1	--		0.000	0.000
Cholesterol ²	mg	0	1	--		0	0
Amino Acids							
Tryptophan ¹	g	0.003	--	--		0.003	0.003

Nutrient	Unit	1			1 cup, chopped 110g		1 cup, whole 100g	
		Value Per 100 g	Data points	Std. Error				
Threonine ¹	g	0.028	--	--		0.031		0.028
Isoleucine ¹	g	0.033	--	--		0.036		0.033
Leucine ¹	g	0.053	--	--		0.058		0.053
Lysine ¹	g	0.039	--	--		0.043		0.039
Methionine ¹	g	0.003	--	--		0.003		0.003
Cystine ¹	g	0.003	--	--		0.003		0.003
Phenylalanine ¹	g	0.036	--	--		0.040		0.036
Tyrosine ¹	g	0.032	--	--		0.035		0.032
Valine ¹	g	0.045	--	--		0.050		0.045
Arginine ¹	g	0.056	--	--		0.062		0.056
Histidine ¹	g	0.018	--	--		0.020		0.018
Alanine ¹	g	0.049	--	--		0.054		0.049
Aspartic acid ¹	g	0.188	--	--		0.207		0.188
Glutamic acid ¹	g	0.146	--	--		0.161		0.146
Glycine ¹	g	0.048	--	--		0.053		0.048
Proline ¹	g	0.031	--	--		0.034		0.031
Serine ¹	g	0.051	--	--		0.056		0.051
Other								
Alcohol, ethyl	g	0.0	--	--		0.0		0.0
Caffeine	mg	0	--	--		0		0
Theobromine	mg	0	--	--		0		0
Flavonoids								
Anthocyanidins								
Cyanidin ^{7 8 9}	mg	46.43	8	7.95		51.07		46.43
Petunidin ⁷	mg	0.0	4	0		0.0		0.0
Delphinidin ^{7 8}	mg	7.7	5	1.92		8.4		7.7
Malvidin ^{7 8}	mg	0.4	6	0.31		0.5		0.4
Pelargonidin ^{7 8}	mg	0.3	7	0.15		0.4		0.3
Peonidin ^{7 8 9}	mg	49.2	8	8.07		54.1		49.2
Flavan-3-ols								
(+)-Catechin ^{7 10}	mg	0.4	8	0.16		0.4		0.4
(-)Epigallocatechin ^{7 10}	mg	0.7	8	0.28		0.8		0.7

Nutrient	Unit	1			1 cup, chopped 110g	1 cup, whole 100g
		Value Per 100 g	Data points	Std. Error		
(-)Epicatechin ^{7 10}	mg	4.4	8	0.93	4.8	4.4
(-)Epicatechin 3-gallate ^{7 10}	mg	0.0	8	0	0.0	0.0
(-)Epigallocatechin 3-gallate ^{7 10}	mg	1.0	8	0.48	1.1	1.0
(+)-Gallocatechin ^{7 10}	mg	0.0	8	0	0.0	0.0
Flavanones						
Hesperetin ⁷	mg	0.0	4	0	0.0	0.0
Naringenin ⁷	mg	0.0	4	0	0.0	0.0
Flavones						
Apigenin ⁷	mg	0.0	4	0	0.0	0.0
Flavonols						
Kaempferol ^{9 11 12}	mg	0.1	15	0.04	0.1	0.1
Myricetin ^{7 9 11 12 13 14}	mg	6.6	21	1.6	7.3	6.6
Quercetin ^{7 9 11 12 13 14}	mg	14.8	21	1.04	16.3	14.8
Isoflavones						
Daidzein ^{15 16}	mg	0.00	2	--	0.00	0.00
Genistein ^{15 16}	mg	0.00	2	--	0.00	0.00
Total isoflavones ^{15 16}	mg	0.00	2	--	0.00	0.00
Proanthocyanidin						
Proanthocyanidin dimers ^{3 4 5 6}	mg	17.7	10	7.84	19.5	17.7
Proanthocyanidin trimers ^{4 5 6}	mg	16.4	7	5.08	18.0	16.4
Proanthocyanidin 4-6mers ^{4 5 6}	mg	56.8	7	22.92	62.5	56.8
Proanthocyanidin 7-10mers ^{4 5 6}	mg	46.2	7	26.4	50.8	46.2
Proanthocyanidin polymers (>10mers) ^{4 5 6}	mg	217.6	7	53.97	239.4	217.6

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

²Ocean Spray Cranberries, Inc. Nutrient composition of Ocean Spray products, 2015

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